

# Client Centered Approaches: For Individual Behavior Change

DAY 1: Tuesday, April 26, 2005

8:30- 9:00

## **Welcome/Introductions/Travel**

9:00-11:30

## **• Foundations of Behavior Change**

- Strengths, Qualities
- Principles of MI
- Practice: Listening Skills; Open Questions; Summarizing

11:30-12:45

## **Lunch**

12:45-2:30

## **Skill Practice**

- Self Motivational Statements
- Working with Resistance
- Pros and Cons Matrix

2:30-2:45

## **Break/Travel**

2:45-4:15

## **Skill Practice**

- Using Scales for Readiness, Importance, Confidence
- Behavior Change Process

4:15-4:30

## **Close/Feedback/Travel**

